



DHSS OFFICE OF DENTAL HEALTH

NEWSLETTER

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MONTHLY MISSOURI ORAL HEALTH UPDATE



Community Water Fluoridation (CWF)

The MADRES Study, released in the Journal of the American Medical Association, examines fluoride exposure during pregnancy. By scientific measurement, the MADRES Study would be listed as less than adequate due to several unknown and undetermined outside influencing factors.

According to Dr. F. Perry Wilson (MSCE, MD) on his podcast [Impact Factor](#), “there are significant caveats that call the results of this study into question”. This study is further examined by the [American Dental Association](#) (ADA), and they continue to affirm their support of water fluoridation as a public health practice.



Top Three Worst Foods for Your Teeth

Three of the worst foods for your teeth include sugary or acidic drinks, sticky foods and fermentable carbohydrates.

Sugary drinks such as sodas, sports drinks, energy drinks and fruit juices, can sit between the enamel, which can then lead to cavities, decay and sensitivity.

Sticky foods like gummies or even dried fruit can get caught in crevices and pose a greater risk for decay, while fermentable carbohydrates like bread and pasta break down into sugars right in the mouth and stick to the teeth. This can also lead to tooth decay because the foods stick to the teeth and trap sugars on which bacteria feed. Read more: [CBS News](#)



Show-Me ECHO

Show-Me ECHO provides a virtual, interactive platform for participants to learn, connect, and collaborate with a team of subject experts. All participants engage in case-based learning, modeling the “all-teach, all-learn” methodology. Each ECHO session fosters a community of inclusivity and belonging as everyone mutually benefits from the environment. ECHOs are provided at NO COST to participating sites and individuals, and eligible professionals can also receive FREE continuing education credits.

Show-Me’s Oral Health ECHO supports and educates primary oral health professionals in the delivery of quality and effective care for patients across Missouri by engaging in a community of learning with a variety of health care professionals. FQHC providers, general dentists, dental hygienists, dental assistants, school nurses, pediatricians, urgent care providers and dental students are all invited to join.

Learning sessions will be held from noon to 1:00 p.m. every 2nd Wednesday of the month.

Visit showmeecho.org for more information or to register now!

SHOW-ME ECHO

EXTENSION FOR COMMUNITY HEALTHCARE OUTCOMES

